

Bonds built on trust

For a young person struggling to cope with difficult emotions and experiences, a horse can be a source of light in an otherwise dark world.

Idaho Youth Ranch has been utilizing the healing power of horses for decades. Our expert staff have helped thousands of young people work through challenges to meet their goals.



youthranch.org/equinetherapy

Treasure Valley: 208.947.0863
North Idaho: 208.667.3340



Idaho Youth Ranch has programs, services and Thrift Stores throughout Idaho.

Hablamos español
Language interpretation and sign language services provided



Idaho Youth Ranch has earned The Joint Commission's Gold Seal of Approval



Equine Therapy

The healing power of horses



Why horses?

Horses are emotionally intelligent animals, capable of picking up on small nonverbal cues that provide valuable feedback.

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They are large, powerful animals, and it's hard to ignore a horse with their size and presence. Approaching horses helps kids reflect on how they approach relationships and challenges in their lives.

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Horses have distinct personalities. Their different, often independent, personalities are easily identifiable to young people seeking to make connections.

They are the perfect fit



Our Mission

We unite for Idaho's youth by providing accessible programs and services that nurture hope, healing, and resilience.

And the healing begins...

We believe in using the power of animals to facilitate healing for frightened or hurting young people, helping them learn to trust themselves and others again.

Through Equine Therapy, participants learn to:

- **Build focus**
- **Improve self-confidence**
- **Bolster social skills**
- **Build positive relationships**
- **Build trust**
- **Work effectively as a team**
- **Set boundaries**
- **Practice mindfulness**
- **Demonstrate the power of clear communication**

Equine Assisted Therapy is an experiential therapy in which youth interact with horses therapeutically to encourage emotional growth and learning. This can help kids develop the skills and tools they need to reduce the impacts of their symptoms in their lives and find their way to a healthier future.

Idaho Youth Ranch uses an equine therapy approach that is on the ground, rather than on horseback. Each session is facilitated by a specially trained mental health professional and an equine professional.

Help is just a call or click away.

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